

FOX CITIES BIKE TO WORK WEEK - May 16 -22, 2010

The Fox Cities, like many around the country, are celebrating National **Bike to Work Week** from **May 16th** to **May 22nd**. **Bike to Work Week** is celebrated the third week of May each year throughout the United States. Fox Cities Greenways, the local sponsor for this event, is working with local employers and organizations to introduce and promote bicycling as an alternative to the automobile. Using a bicycle as transportation is an ecological response to energy conservation, heightens the awareness of the ways motorists and bicyclists can share the road safely and to promotes bicycling as a viable fitness and recreation option. This event is for all to participate in, even for those who don't ride a bike on a regular basis.

The schedule for **Bike to Work Week** is week is:

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| Sunday - May 16 th | Bike to Worship
Bike to church then out to brunch. |
| Monday – May 17 th | Trail Day
Take a ride on any of the local trails. We have quite a few in the area to choose from. Maps are available at www.foxcitiesgreenways.org |
| Tuesday – May 18 th | B-BOP Day
Think Green. Bike, bus or pool (B-BOP) to work today. |
| Wednesday – May 19 th | Bike with a Buddy
Use your bike to go visit with a friend or neighbor. Riding with friends is always fun. |
| Thursday – May 20 th | Bike to School/Bike Your Child to School
Remember riding to school when you were a kid? Why not help your kids to develop their own memories by helping them Bike to School. For those schools in the “Safe Routes to School Program” see if you can get your school to have the highest turnout. |
| Friday – May 21 st | Bike to Work Day
Save the gas and enjoy the commute. Free showers are available at the YMCA's around the Fox Cities. Need help getting started? Check out the information available through the Fox Cities Greenways at www.foxcitiesgreenways.org |
| Saturday – May 16 th | Family Day
Go for a ride with the family. Take in a movie, go for picnic or use your bike to do something else special with your family. |

Bike to Work Week has been celebrated for over 50 years. The League of American Bicyclists sponsored the first event and since then they have continued to support the effort nationwide and have looked to organization such as the Fox Cities Greenways to provide leadership at the local level. If you would like to participate on either an individual or corporate level more information is available from the Fox Cities Greenways at: www.foxcitiesgreenways.org

If you would like more information, have any questions or comments, please contact:

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